

## **Kale and Fennel Veggie Soup**

**Prep Time:** 45 minutes

**Serves:** 4

**Note:** Add 1# smoked sausage if want a meat meal  
Easily made ahead and served later

### In a large pot:

Heat 2 Tablespoons of olive oil

Add 1 small yellow onion, sliced

Sauté till onions translucent. About 8 minutes

### Add to pot: and sauté about 8 minutes

1 fennel bulb without stalks (save the soft fronds), cored and sliced

2 carrots, chopped

3 spring fresh thyme or 1 teaspoon dried thyme

### Add to pot: and sauté about 5 minutes.

1 cup chopped savoy cabbage, chopped

1/2 teaspoon salt and pepper

Add to pot: and cook till liquid evaporates

1/3 cup white wine (omit if don't want any alcohol)

Add to pot: gently simmer uncovered 15 minutes

4 cups veggie or chicken broth

1 inch chunk of Parmesan rind (ask deli for this if not on hand) ( can omit for gluten free)

1 can cannellini beans, drained and rinsed

Add to pot:

2 cups chopped kale

Add to pot:

1.5 Tablespoons lemon juice (fresh best but bottle AOK also)

Retrieve and discard the Parmesan chunk

Ladle into 4 bowls

Garnish with 1/4 cup fennel fronds, chopped

Serve with a good baguette or focaccia